

Physiotherapy

Total hip replacement following trauma

This leaflet is for patients who have had a total hip replacement following trauma.

Your surgeon will have chosen to replace your hip as it was the most suitable option after trauma.

After surgery

Pain

You will feel pain after your surgery. It is important for this to be controlled with medicine. Please speak to the nurses to make sure you have enough pain control. They can also provide anti-sickness medicine if you need it.

Precautions

These precautions should be taken during the 6 week healing period after your surgery.

Do not:

- **bend** your hip to more than 90°(degrees)
- **cross** your legs
- **roll or lie** on the unoperated side
- **twist** your body in lying, standing or sitting
- **swivel** on your feet when turning
- **bend** down to pick up items from the floor when sitting or standing



Patient Information

Physiotherapist care

A physiotherapist will provide care on the first day after your surgery. They will teach you exercises and get you up and walking. **You need to follow the advice of your physiotherapists and nurses to get the best result from your surgery.** In hospital and at home, you may need a Zimmer frame or walking aid for the first few weeks after surgery.

Your hospital stay

The length of your hospital stay depends on your progress. You may be able to return home with support once you are medically fit. If our physiotherapy team feel further rehabilitation is needed, you may be transferred to the Hospital of St Cross, Rugby, or one of the bedded units in the community.

Going home

On discharge from hospital, we will give you:

- your medicines to take home
- a letter with your next clinic appointment information
- advice on where and when to have your stitches or clips removed

We will also send information on your surgery and discharge to your GP.

Exercises

Your exercises might feel quite hard at first. You may feel sore, but it is vital that you keep your range of movement in your hip. It is also vital to keep strength in the muscles around your hip and knee, especially in your thigh muscles (quadriceps).

Breathing exercises

Take a deep breath in through your nose. Your stomach should rise out. Breathe out through your mouth. **Repeat 3 times, every 30 minutes.**

Ankle exercises

Lie on the bed with your heels free. Move your ankles briskly by pointing your feet up and down and circling them. Do this for 10 seconds. **Repeat every 30 minutes.**

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Static glutes

Squeeze your buttocks together and hold for 5 seconds, then relax. **Repeat 5 times.**

Static quadriceps

Sit with your leg extended. Pull your toes towards you and push your knee firmly against the bed. Hold for 10 seconds then relax. **Repeat every 30 minutes.**



Inner range quadriceps

Lie down on the bed with a rolled-up blanket under your knee so that it rests in a bent position. Lift your foot off the bed while keeping your thigh on the blanket. Straighten your knee and hold for 5 seconds. **Repeat 10 times, 3 times daily.**



Slide exercises

a) With a sliding board under the operated leg and a 'donut' under the heel, slide your foot slowly up and down the board. Work to bend your hip and knee, bringing your foot closer to your body. **Do not bend your hip more than 90 degrees.**



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b) With the sliding board in position, slide your leg gently out to the side and back. These exercises help to increase the range of movement in your new hip joint.

If you have any questions or concerns, contact:

University Hospital Coventry, Trauma and Orthopaedic Therapy Office,
telephone: 024 7696 5106

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Document History

Department:	Physiotherapy
Contact:	25046
Updated:	September 2025
Review:	September 2028
Version:	5
Reference:	HIC/LFT/1818/14